

---

**DIGITAL CHANT STAND**  
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

---

**The Service of Matins**  
**for Sunday, April 7, 2024**

**Octoechos - Mode 3**  
**on Sunday Morning**  
**Eothinon 11**

**Triodion - Third Sunday of Lent**  
**Third Sunday of Lent. Veneration of the Cross**  
**on Sunday Morning at Matins**

**Menaion - April 7**  
**Katavasias of Third Sunday of Lent**

**Texts in Greek and English**

**Links to Matins Ordinary**

**Bilingual**

[dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/gr-en/bk.matinsordinary.normal.pdf](https://dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/gr-en/bk.matinsordinary.normal.pdf)

**English**

[dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/en/bk.matinsordinary.normal.pdf](https://dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/en/bk.matinsordinary.normal.pdf)

## Sources

[ **GOASD** ] Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. [ **AC** ] Anthony Cook. [ **GKD** ] George K. Duvall. [ **KW** ] Kallistos Ware. [ **RB** ] Richard Barrett. [ **SD** ] Fr. Seraphim Dedes.  
[ **TC** ] Thomas Carroll. [ **VPA** ] Virgil Peter Andronache. [ **GOA** ] Greek Orthodox Archdiocese of America. [ **HC** ] Holy Cross Orthodox Press. [ **OCA** ] Orthodox Church in America.

**NKJV** Scripture taken from the New King James Version™. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

**RSV** Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

**SAAS** Scripture taken from the St. Athanasius Academy Septuagint™. Copyright © 2008 by St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved.

## Disclaimer

The translation, rubrics, Greek and English texts are for the purposes of worship only and are subject to change without notice at the discretion of the Greek Orthodox Archdiocese of America.

All rights reserved. The materials contained within this booklet remain the property of all contributing translators. It is published solely for the purpose of providing a source of worship materials to the parishes of the Orthodox Church and may be copied and otherwise reproduced as needed by the parish toward this end; however, it may not be reprinted, reproduced, transmitted, stored in a retrieval system, or translated into any language in any form by any means – electronic, mechanical, recording, or otherwise – for the purpose of sale without the express written permission of the Greek Orthodox Archdiocese of America.

## GOA DCS Website

<https://dcs.goarch.org>

## Email

[dcsinfo@goarch.org](mailto:dcsinfo@goarch.org)

## Fonts

Font copyright (c) 2010 Google Corporation with Reserved Font Arimo, Tinos and Cousine.

Copyright (c) 2012 Red Hat, Inc. with Reserved Font Name Liberation. This Font Software is licensed under the SIL Open Font License, Version 1.1.

This document was produced using the AGES Liturgical Workbench.

**Βιβλία - Πηγαί**

**Ὁκτώηχος - ᾠχος γ΄.**

Τῆ Κυριακῆ Πρωΐ

**Τριώδιον**

Κυριακῆ Γ΄ τῶν Νηστειῶν - Τῆ Κυριακῆ Πρωΐ

Κυριακῆ Γ΄ τῶν Νηστειῶν τῆς

Σταυροπροσκυνήσεως

---

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

**ᾠχος γ΄.**

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.  
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

**Στίχ. α΄.** Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ  
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

**Στίχ. β΄.** Πάντα τὰ ἔθνη ἐκύκλωσάν με,  
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

**Στίχ. γ΄.** Παρὰ Κυρίου ἐγένετο αὕτη καὶ  
ἔστι θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὁκτωήχου - - -

**Ἀπολυτίκιον Ἀναστάσιμον.**

**ᾠχος γ΄.**

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ  
ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ,  
ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον·  
πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας  
ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ  
τὸ μέγα ἔλεος.

Δόξα. **Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**ᾠχος α΄.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς

**Books - Sources**

**Octoechos - Mode 3.**

On Sunday Morning

**Triodion**

Third Sunday of Lent - On Sunday Morning

Third Sunday of Lent. Veneration of the Cross

---

**MATINS**

**CHOIR**

**Mode 3.**

God is the Lord, and He revealed Himself  
to us. Blessed is he who comes in the name of  
the Lord. [SAAS]

**Verse 1:** Give thanks to the Lord and call  
upon His holy name.

**Verse 2:** All the nations surrounded me,  
but in the name of the Lord I defended myself  
against them.

**Verse 3:** And this came about from the  
Lord, and it is wonderful in our eyes.

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode 3.**

Let the heavens be glad. Let the earth  
rejoice exceedingly. For the Lord has shown  
strength with his arm. He trampled death by  
death. He became the first-born of the dead.  
Out of the belly of Hades, He has rescued  
us, and to the world He has granted the great  
mercy. [GOASD]

Glory. **For the Cross.**

From Triodion - - -

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful

βασιλευσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου ---

**Ἦχος α΄.** *Τοῦ λίθου σφραγισθέντος.*

Τοῦ Γαβριὴλ φθεγξαμένου σοι Παρθένε  
τὸ Χαῖρε, σὺν τῇ φωνῇ ἐσαρκούτο ὁ τῶν ὄλων  
Δεσπότης, ἐν σοὶ τῇ ἀγία κιβωτῶ, ὡς ἔφη  
ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα τῶν  
οὐρανῶν, βαστάσασα τὸν Κτίστην σου. Δόξα  
τῶ ἐνοικήσαντι ἐν σοί· δόξα τῶ προελθόντι  
ἐκ σοῦ· δόξα τῶ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ  
τόκου σου.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῆ χάριτι.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Τῆς παναγίας, ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν,  
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ  
πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς  
καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν  
Χριστῶ τῶ Θεῶ παραθώμεθα.

**ΧΟΡΟΣ**

Σοί, Κύριε.

over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

Both now. **Theotokion.**

From Octoechos ---

**Mode 1.** *The stone having been sealed.*

*Τοῦ λίθου σφραγισθέντος.*

When Gabriel had said to you, “Rejoice!”  
blessed Virgin, \* and you had voiced your  
assent, the Lord of all became incarnate \* in  
you, who became the holy Ark, \* as righteous  
King David said of old. \* You carried your  
Creator, and thus your womb was wider  
than the heavens. \* Glory to Him who dwelt  
inside of you! \* Glory to Him who came forth  
from You! \* Glory to Him who through your  
childbirth has set us free! [GOASD]

**PRIEST**

Again and again in peace let us pray to the  
Lord.

**CHOIR**

Lord, have mercy.

**PRIEST**

Help us, save us, have mercy on us, and  
protect us, O God, by Your grace.

**CHOIR**

Lord, have mercy.

**PRIEST**

Remembering our all-holy, immaculate,  
most blessed, and glorious Lady, the  
Theotokos and ever-virgin Mary, with all  
the saints, let us commend ourselves and one  
another and our whole life to Christ our God.

**CHOIR**

To You, O Lord.

**ΙΕΡΕΥΣ**

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**ΧΟΡΟΣ**

Τῆς Ὀκτωήχου ---

**Κάθισμα Α΄.**

**Ἦχος γ΄.**

Χριστὸς ἐκ νεκρῶν ἐγήγερται, ἡ ἀπαρχὴ τῶν κεκοιμημένων· ὁ Πρωτότοκος τῆς κτίσεως, καὶ δημιουργὸς πάντων τῶν γεγονότων, τὴν καταφθαρεῖσαν φύσιν τοῦ γένους ἡμῶν, ἐν ἑαυτῷ ἀνεκαίνισεν. Οὐκέτι θάνατε κυριεύεις· ὁ γὰρ τῶν ὄλων Δεσπότης, τὸ κράτος σου κατέλυσε.

Δόξα.

Σαρκὶ τοῦ θανάτου γευσάμενος Κύριε, τὸ πικρὸν τοῦ θανάτου, ἐξέτεμες τῇ ἐγέρσει σου, καὶ τὸν ἄνθρωπον κατ' αὐτοῦ ἐνισχύσας, τῆς ἀρχαίας κατάρας τὴν ἤτταν ἀνακαλούμενος. Ὁ ὑπερασπιστὴς τῆς ζωῆς ἡμῶν, Κύριε δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ τὴν μεσιτεύσασαν τὴν σωτηρίαν τοῦ γένους ἡμῶν, ἀνυμνοῦμεν Θεοτόκε Παρθένε· ἐν τῇ σαρκὶ γὰρ τῇ ἐκ σοῦ προσληφθεῖση, ὁ Υἱός σου καὶ Θεὸς ἡμῶν τὸ διὰ σταυροῦ καταδεξάμενος πάθος, ἐλυτρώσατο ἡμᾶς, ἐκ φθορᾶς ὡς φιλόανθρωπος.

**PRIEST**

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

**CHOIR**

Amen.

**CHOIR**

From Octoechos ---

**Kathisma I.**

**Mode 3.**

Christ has been raised from the dead; He is the first fruits of those who have fallen asleep. As the first-born of all creation and maker of all things that were made, in himself He renewed our human nature that had been ravaged. O Death, you no longer have dominion, for the Master of all has destroyed your power. [GOASD]

Glory.

You tasted death in the flesh, O Lord. But by Your resurrection, You cut off its bitterness and strengthened humanity against it, by reversing the failure that resulted in the ancient curse. O Defender of our life, glory to You, O Lord! [GOASD]

Both now. **Theotokion.**

Virgin Theotokos, we sing hymns extolling you, through whom came humanity's salvation. For your Son and our God, who is benevolent, accepted the Passion and the crucifixion, in the flesh that He assumed from you, and thus from destruction He rescued us.

[GOASD]

**Κάθισμα Β΄.**

**ᾠχος γ΄.** *Τὴν ὠραιότητα.*

Τὸ ἀναλλοίωτον τὸ τῆς θεότητος, καὶ τὸ ἐκούσιον πάθος σου Κύριε, εἰς ἑαυτὸν καταπλαγεῖς, ὁ ἄδης ἐπώδυρετο· Τρέμω τὴν τοῦ σώματος, μὴ φθαρεῖσαν ὑπόστασιν· βλέπω τὸν ἀόρατον, μυστικῶς πολεμοῦντά με· διὸ καὶ οὖς κατέχω κραυγάζουσι· Δόξα Χριστὲ τῆ ἀναστάσει σου.

Δόξα.

**ᾠχος γ΄.** *Τὴν ὠραιότητα.*

Τὸ ἀκατάληπτον τὸ τῆς σταυρώσεως, καὶ ἀνερμήνευτον τὸ τῆς ἐγέρσεως, θεολογοῦμεν οἱ πιστοί, ἀπόρρητον μυστήριον· σήμερον γὰρ θάνατος, καὶ ὁ ἄδης ἐσκύλευται, γένος δὲ ἀνθρώπινον, ἀφθαρσίαν ἐνδέδυται· διὸ καὶ εὐχαρίστως κραυγάζομεν· Δόξα Χριστὲ τῆ ἀναστάσει σου.

Καὶ νῦν. **Θεοτοκίον.**

**ᾠχος γ΄.** *Τὴν ὠραιότητα.*

Τὸν ἀκατάληπτον καὶ ἀπερίγραπτον, τὸν ὁμοούσιον Πατρὶ καὶ Πνεύματι, ἐν τῇ γαστρὶ σου μυστικῶς, ἐχώρησας Θεομητορ· μίαν καὶ ἀσύγχυτον, τῆς Τριάδος ἐνέργειαν, ἔγνωμεν τῷ τόκῳ σου, ἐν τῷ κόσμῳ δοξάζεσθαι· διὸ καὶ εὐχαρίστως βοᾶμέν σοι· Χαῖρε ἡ Κεχαριτωμένη.

**Kathisma II.**

**Mode 3.** *You were so beautiful.*

*Τὴν ὠραιότητα.*

You voluntarily endured Your suffering, \* and Your divinity remained unchanged, O Lord. \* Hades was terrified by this; and lamenting, it said to itself, \* “I fear Him whose physical constitution is not destroyed. \* I see the invisible One mystically waging war on me. \* Now those whom I am holding are crying out, \* ‘Glory to Your resurrection, O Christ!’” [GOASD]

Glory.

**Mode 3.** *You were so beautiful.*

*Τὴν ὠραιότητα.*

We the believers now theologize about \* the inexplicable, incomprehensible, \* and hidden mystery of Your crucifixion and resurrection. \* For death and the netherworld have been stripped of their spoils today, \* and our human nature has now put on the imperishable. \* And therefore in thanksgiving we cry aloud: \* Glory to Your resurrection, O Christ. [GOASD]

Both now. **Theotokion.**

**Mode 3.** *You were so beautiful.*

*Τὴν ὠραιότητα.*

You carried mystically within your womb the Lord, \* incomprehensible, uncircumscribable, \* and one in essence with the Father and the Spirit, O Mother of God. \* Ever since your childbirth, we have learned how to glorify \* the Trinity’s energy, which is single and unconfused. \* And therefore in thanksgiving we sing to you: \* Rejoice, O favored Maiden full of grace! [GOASD]

**Κάθισμα Γ'. Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**Ἦχος πλ. δ'. Τὸ προσταχθέν.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρὸς, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακράζωμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρὸς, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακράζωμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῆ χάριτι.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν,

**Kathisma III. For the Cross.**

From Triodion - - -

**Mode pl. 4. When he perceived.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. [SD]

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. [SD]

**PRIEST**

Again and again in peace let us pray to the Lord.

**CHOIR**

Lord, have mercy.

**PRIEST**

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

**CHOIR**

Lord, have mercy.

**PRIEST**

Remembering our all-holy, immaculate, most blessed, and glorious Lady, the

Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

**ΧΟΡΟΣ**

Σοί, Κύριε.

**ΙΕΡΕΥΣ**

Ὅτι ἠυλόγηταί σου τὸ ὄνομα καὶ δεδόξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**ΑΝΑΓΝΩΣΤΗΣ**

Τῆς Ὀκτωήχου ---

**Ὑπακοή. ᾠδὴ γ΄.**

Ἐκπλήττων τῇ ὀράσει, δροσίζων τοῖς ῥήμασιν, ὁ ἀστράπτων Ἄγγελος, ταῖς Μυροφόροις ἔλεγε· Τὸν ζῶντα τί ζητεῖτε ἐν μνήματι; ἠγέρθη κενώσας τὰ μνήματα· τῆς φθορᾶς ἀλλοιωτήν, γινῶτε τὸν ἀναλλοίωτον· εἵπατε τῷ Θεῷ· Ὡς φοβερὰ τὰ ἔργα σου! ὅτι τὸ γένος ἔσωσας τῶν ἀνθρώπων.

**ΧΟΡΟΣ**

**Οἱ Ἀναβαθμοί.**

**Ἀντίφωνον Α΄. ᾠδὴ γ΄.**

Τὴν αἰχμαλωσίαν Σιών, σὺ ἐξείλου ἐκ Βαβυλῶνος, κἀμὲ ἐκ τῶν παθῶν, πρὸς ζωὴν ἔλκυσον Λόγε.

Ἐν τῷ νότῳ οἱ σπείροντες, δάκρυσιν ἐνθέοις, θεριοῦσι στάχυας, ἐν χαρᾷ ἀειζωΐας.

Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

**CHOIR**

To You, O Lord.

**PRIEST**

For blessed is Your name, and glorified is Your kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

**CHOIR**

Amen.

**READER**

From Octoechos ---

**Hypakoe. Mode 3.**

Astounding in appearance, refreshing by the words he spoke, the dazzling Angel said to the Myrrh-bearing Women, “Why do you look in a tomb for the One who is alive? He has risen and emptied the tombs. Know that He is the unchanging Changer of death. Say to God, ‘How awesome are Your works! For You have saved the human race.’” [GOASD]

**CHOIR**

**Anavathmoi.**

**Antiphon 1. Mode 3.**

From Babylon You rescued the captives of Zion. O Logos, also pull me up from the passions to life. [GOASD]

Those who sow with godly tears in the south, with joy will reap the ears of everlasting life. [GOASD]



Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶσα ἀγαθοδωρία, ὡς  
Πατρὶ καὶ Υἱῷ συναστράπτει· ἐν ᾧ τὰ πάντα  
ζῆ καὶ κινεῖται.

**Ἀντίφωνον Β΄.**

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τῶν  
ἀρετῶν, μάτην κοπιῶμεν· τὴν δὲ ψυχὴν  
σκέποντος, οὐδεὶς ἡμῶν πορθεῖται τὴν πόλιν.

Τοῦ καρποῦ τῆς γαστροῦ, τῷ Πνεύματι  
υἰοποιητῶς σοὶ τῷ Χριστῷ, ὡς Πατρὶ οἱ Ἅγιοι  
πάντοτε εἰσὶ.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνθεωρεῖται πᾶσα  
ἀγιότης, σοφία· οὐσιοὶ πᾶσαν γὰρ κτίσιν·  
αὐτῷ λατρεύσωμεν, Θεὸς γὰρ ὡς Πατρὶ τε καὶ  
Λόγῳ.

**Ἀντίφωνον Γ΄.**

Οἱ φοβούμενοι τὸν Κύριον, μακάριοι,  
τρίβους βαδιοῦνται τῶν ἐντολῶν, φάγονται,  
ζωηρὰν γὰρ παγκαρπίαν.

Κύκλῳ τῆς τραπέζης σου εὐφράνθητι,  
καθρῶν σου ποιμενάρχα, τὰ ἔκγονα φέροντα,  
κλάδους ἀγαθοεργίας.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ὁ πᾶς πλοῦτος τῆς δόξης,  
ἐξ οὗ χάρις καὶ ζωὴ πάση τῇ κτίσει· σὺν Πατρὶ  
γὰρ, ἀνυμνεῖται καὶ τῷ Λόγῳ.

Glory. Both now.

In the Holy Spirit, as in the Father and  
the Son, every gift of goodness intrinsically  
shines forth. And in Him all things both live  
and move. [GOASD]

**Antiphon 2.**

Unless the Lord builds the house of the  
virtues, we labor in vain. But if He is guarding  
the soul, no one can destroy our city. [GOASD]

O Christ, the Son of the Father, the fruit  
of the womb, the saints are ever adopted sons,  
through You in the Spirit. [GOASD]

Glory. Both now.

In the Holy Spirit are perceived all  
holiness and wisdom, for He gives substance  
to all creation. Since He is God, let us worship  
Him, as we do the Father and the Logos. [GOASD]

**Antiphon 3.**

Blessed are those who fear the Lord: they  
will walk in the ways of His commandments.  
They shall eat every kind of life-giving fruit.

[GOASD]

As you see your children's children around  
your table bearing branches of good works, be  
glad, O arch-pastor. [GOASD]

Glory. Both now.

In the Holy Spirit is all the wealth of glory.  
From Him issue grace and life to all creation.  
And He is extolled with the Father and the  
Logos. [GOASD]

**Προκείμενον.**

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται. (δίς)

**Στίχ.** Ἄσατε τῷ Κυρίῳ ᾠσμα καινόν.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῆ χάριτι.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν, Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

**ΧΟΡΟΣ**

Σοί, Κύριε.

**ΙΕΡΕΥΣ**

Σὺ γὰρ εἶ ὁ βασιλεὺς τῆς εἰρήνης καὶ σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**Prokeimenon.**

Say among the Gentiles, “The Lord is King, for He established the world, which shall not be shaken.” (2)

**Verse:** *Oh, sing a new song to the Lord.*

Say among the Gentiles, “The Lord is King, for He established the world, which shall not be shaken.” [SAAS]

**PRIEST**

Again and again in peace let us pray to the Lord.

**CHOIR**

Lord, have mercy.

**PRIEST**

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

**CHOIR**

Lord, have mercy.

**PRIEST**

Remembering our all-holy, immaculate, most blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

**CHOIR**

To You, O Lord.

**PRIEST**

For You are the King of peace and the savior of our souls, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

**ΧΟΡΟΣ**

Ἀμήν.

**ΑΝΑΓΝΩΣΤΗΣ**

Τῆς Ὀκτωήχου ---

**Κοντάκιον Ἀναστάσιμον.**

Ἐξανέστης σήμερον, ἀπὸ τοῦ τάφου  
Οἰκτίρμον, καὶ ἡμᾶς ἐξήγαγες, ἐκ τῶν πυλῶν  
τοῦ θανάτου· σήμερον Ἄδὰμ χορεύει, καὶ  
χαίρει Εὐᾶ, ἅμα δέ, καὶ οἱ Προφῆται, σὺν  
Πατριάρχαις, ἀνυμνοῦσιν ἀκαταπαύστως, τὸ  
θεῖον κράτος τῆς ἐξουσίας σου.

**Ὁ Οἶκος.**

Ὁ οὐρανὸς καὶ ἡ γῆ σήμερον  
χορευέτωσαν, καὶ Χριστὸν τὸν Θεὸν  
ὁμοφρόνως ὑμνεῖτωσαν, ὅτι τοὺς δεσμίους ἐκ  
τῶν τάφων ἀνέστησε. Συγχαίρει πᾶσα ἡ κτίσις,  
προσφέρουσα ἐπάξια ἄσματα, τῷ πάντων  
Κτίστη καὶ Λυτρωτῇ ἡμῶν· ὅτι τοὺς βροτούς  
ἐξ ἄδου σήμερον, ὡς ζωοδότης συνανεγκύσας,  
πρὸς οὐρανοὺς συνανυψοῖ, καὶ καταρρῶσει  
τοῦ ἐχθροῦ τὰς ἐπάρσεις, καὶ πύλας τοῦ ἄδου  
διαθλάττει, τῷ θεῖῳ κράτει τῆς ἐξουσίας  
αὐτοῦ.

**Κοντάκιον τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἦχος βαρὺς. Αὐτόμελον.**

Οὐκέτι φλογίνη ρομφαία φυλάττει τὴν  
πύλην τῆς Ἐδέμ· αὐτῇ γὰρ ἐπῆλθε παράδοξος  
σβέσις τὸ ξύλον τοῦ Σταυροῦ, θανάτου τὸ  
κέντρον, καὶ Ἄδου τὸ νῆκος ἐλήλαται, ἐπέστης  
δὲ Σωτὴρ μου βοῶν τοῖς ἐν Ἄδῃ· Εἰσάγεσθε  
πάλιν εἰς τὸν Παράδεισον.

**CHOIR**

Amen.

**READER**

From Octoechos ---

**Resurrectional Kontakion.**

From the tomb You rose today, O Lord  
of tender compassion, also from the gates of  
death You led us out, O our Savior. On this  
day Adam is dancing and Eve rejoices, and  
with them the holy Patriarchs and the Prophets  
are unceasingly extolling the divine power of  
Your authority. [GOASD]

**Oikos.**

Let heaven and earth join in dance today  
and in harmony extol Christ our God, for He  
raised the prisoners from their tombs. All  
creation celebrates together, offering worthy  
songs to our Redeemer, the Creator of all. For  
today, with himself as the Giver of Life, He  
raises people from the netherworld and lifts  
them up to heaven. He quashes the enemy's  
haughtiness and smashes the gates of Hades,  
by the divine power of His authority. [GOASD]

**Kontakion from Triodion.**

From Triodion ---

**Grave Mode. Automelon.**

The fiery sword is not guarding the  
entrance to Eden anymore. For it was  
extinguished in paradoxical manner by the tree  
of the Cross. The sting of death and the victory  
of Hades have been stricken. And You, my  
Savior, came and cried out to those in Hades:  
Enter again into Paradise. [SD]

### Ὁ Οἶκος.

Τρεῖς σταυρούς ἐπήξατο ἐν Γολγοθᾷ ὁ Πιλᾶτος, δύο τοῖς ληστεύσασιν, καὶ ἓνα τοῦ Ζωοδότου, ὃν εἶδεν ὁ Ἄδης, καὶ εἶπε τοῖς κάτω· ὦ λειτουργοί μου καὶ δυνάμεις μου τίς ὁ ἐμπήξας ἦλόν τῇ καρδίᾳ μου; ξυλίνη με λόγχῃ ἐκέντησεν ἄφνω καὶ διαρρήσομαι, τὰ ἔνδον μου πονῶ, τὴν κοιλίαν μου ἀλγῶ, τὰ αἰσθητήριά μου, μαιμάσσει τὸ πνεῦμά μου, καὶ ἀναγκάζομαι ἐξερεύξασθαι τὸν Ἀδάμ καὶ τοὺς ἐξ Ἀδάμ, ξύλω δοθέντας μοι· ξύλον γὰρ τούτους εἰσάγει πάλιν εἰς τὸν Παράδεισον.

*Ὁ λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.*

### Συναξάριον

*Τοῦ Μηναίου.*

Τῇ Ζ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου Μάρτυρος Καλλιοπίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Γεωργίου, Ἐπισκόπου Μυτιλήνης, τοῦ Σημειοφόρου (θαυματουργοῦ).

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Ῥουφίνου Διακόνου.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Μάρτυς Ἀκυλίνα, τὰς χεῖρας εἰς τούπισω δεσμευθεῖσα καὶ τὴν κοιλίαν φλεχθεῖσα, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων διακοσίων Μαρτύρων τῶν ἐν Σινώπῃ, ξίφει τελειωθέντων.

### Oikos.

On Golgotha did Pilate lift up crosses three: two for those guilty of larceny, and one for Him who gives us life, whom Hades spied and voiced to those below, “My ministers and governors: my heart! - who has affixed it with a nail? A lance of wood abruptly pierced me through, and I am rent in twain. My inner parts distressingly are pained, my belly aches, the organs of my senses. My breathing pants and am compelled Adam and those of Adam to expel, who by a tree were given me. For it is a tree that leads them back again into Paradise.”

[GKD]

*Stand for the reading of the Synaxarion.*

### Synaxarion

*From the Menaion.*

On April 7 we commemorate the holy martyr Kalliopios.

On this day we also commemorate our father among the saints George, Bishop of Mytilene, the worker of signs and wonders.

On this day we also commemorate the holy martyr Rufinus the deacon.

On this day the holy martyr Aquilina died after they tied her hands and burned her body.

On this day we also commemorate the holy two-hundred martyrs in Sinope who died by the sword.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ὁσίου καὶ Θεοφόρου Πατρὸς ἡμῶν Σάββα τοῦ νέου τοῦ ἐν Καλύμνῳ.

**Τοῦ Τριωδίου.**

Τῆ αὐτῆ ἡμέρα, Κυριακῆ τρίτη τῶν Νηστειῶν, τὴν Προσκύνησιν ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιῦ Σταυροῦ.

**Στίχοι**

Τὸν Σταυρὸν γῆ σύμπασα προσκυνησάτω,  
Δι' οὗ περ ἔγνωκε σὲ προσκυνεῖν, Λόγε.

Τῆ αὐτοῦ δυνάμει, Χριστέ ὁ Θεός, καὶ ἡμᾶς τῶν τοῦ πονηροῦ διαφύλαξον ἐπηρειῶν, καὶ τὰ θεῖά σου Πάθη, καὶ τὴν ζωηφόρον Ἀνάστασιν προσκυνῆσαι ἀξίωσον, τὸ τεσσαρακονθήμερον εὐμαρῶς διανύσαντας στάδιον, καὶ ἐλέησον ἡμᾶς ὡς ὁ μόνος ἀγαθὸς καὶ φιλόανθρωπος.

**ΧΟΡΟΣ**

**Καταβασία τῆς Γ' Κυριακῆς τῶν Νηστειῶν  
ᾠδὴ α'. ᾠχος α'.**

Ὁ θεϊότατος προετύπωσε πάλαι Μωσῆς, ἐν Ἐρυθρᾷ θαλάσσει, διαβιβάσας Ἰσραήλ, τῷ Σταυρῷ σου τὴν ὑγρὰν, τῆ ῥάβδῳ τεμῶν, ᾠδὴν σοι ἐξόδιον, ἀναμέλπων Χριστέ ὁ Θεός.

**ᾠδὴ γ'.**

Στερέωσον Δέσποτα Χριστέ, τῷ Σταυρῷ σου ἐν πέτρᾳ με τῆ τῆς πίστεως μὴ σαλευθῆναι τὸν νοῦν, ἐχθροῦ προσβολαῖς τοῦ δυσμενοῦς, μόνος γὰρ εἶ ἅγιος.

**ᾠδὴ δ'.**

Ἐπὶ Σταυροῦ σε Δυνατὲ φωστῆρ ὁ μέγας κατιδὼν τρόμφ ἐπαρθεῖς τὰς ἀκτῖνας συνέστειλεν ἔκρυσσε, πᾶσα δὲ Κτίσις ὑμνησεν,

On this day we also commemorate our devout and God-bearing father Savas the new of Kalymnos.

**From the Triodion.**

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross.

Let all the earth adore the Cross,  
Through which it learned to adore You, the Word.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and benevolent.

**CHOIR**

**Katavasia of Third Sunday of Lent  
Ode i. Mode 1.**

That most godly prophet Moses prefigured Your Cross \* in the Red Sea of old, O Savior. \* For he divided the water with the rod in his hand, \* and led Israel across, \* and sang You a sacred ode of exodus, O Christ our God. [GOASD]

**Ode iii.**

O Christ, set me firmly on the rock of the Faith, by the power of Your all-holy Cross, \* so that my mind will not move when tempted by the enemy's assaults. \* Only You are holy, O Lord. [GOASD]

**Ode iv.**

O mighty Lord, when the sun beheld You hanging on the Cross, \* that great luminary shuddered, \* retracted and hid its rays; and

ἐν φόβῳ τὴν σὴν μακροθυμίαν· καὶ γὰρ ἐπλήσθη ἡ γῆ, τῆς σῆς αἰνέσεως.

**Ὦδὴ ε΄.**

Ὁρθρίζοντές σε ἀνυμνοῦμεν, Σωτὴρ τοῦ Κόσμου εἰρήνην, εὐράμενοι τῷ Σταυρῷ σου, δι οὗ ἀνεκαίνισας, τὸ γένος τὸ ἀνθρώπινον, φῶς πρὸς, ἀνέσπερον ἄγων ἡμᾶς.

**Ὦδὴ ς΄.**

Τὸν τύπον τοῦ θείου Σταυροῦ Ἰωνᾶς ἐν κοιλίᾳ τοῦ κήτους, τεταμέναις παλάμαις, προδιεχάραξε καὶ ἀνέθορε σεσωσμένος τοῦ θηρὸς τῆ δυνάμει σου Λόγε.

**Ὦδὴ ζ΄.**

Φλογώσεως ὁ Παῖδας ῥυσάμενος σάρκα προσλαβόμενος, ἦλθεν ἐπὶ γῆς καὶ Σταυρῷ προσηλωθείς, σωτηρίαν ἡμῖν ἐδωρήσατο, ὁ μόνος εὐλογητὸς τῶν Πατέρων Θεός, καὶ ὑπερένδοξος.

**Ὦδὴ η΄.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.*

Χεῖρας ἐν τῷ λάκκῳ βληθεὶς τῶν λεόντων, ποτὲ ὁ μέγας ἐν Προφήταις, σταυροειδῶς ἐκπετάσας, Δανιὴλ ἀβλαβής, ἐκ τῆς τούτων καταβρώσεως σέσωσται, εὐλογῶν Χριστόν, τὸν Θεὸν εἰς τοὺς αἰῶνας.

*Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.*

all creation fearfully \* sang a hymn extolling Your forbearance. \* Indeed the earth has been filled with Your praise, O God. [GOASD]

**Ode v.**

We rise early and we extol You, \* for through Your Cross we found peace that passes all understanding. \* Through it You, the Savior of the world, renewed the human race, \* leading us to the unsetting light. [GOASD]

**Ode vi.**

When Jonah was in the belly of the whale, \* he extended his arms and thus foreshadowed the figure of Your holy Cross, O Lord. \* Then he bounded forth \* from the monster, being saved by Your power, O Logos. [GOASD]

**Ode vii.**

The same One who saved those Servants from the furnace fire \* has become incarnate now. \* He has come to earth. \* He was nailed upon the Cross. \* He has granted salvation to us. \* He alone is the God of our fathers, blessed and exceedingly glorious. [GOASD]

**Ode viii.**

*We praise and we bless and we worship the Lord.*

Daniel, who is known as one great among the Prophets, \* was cast into the lions' den and was preserved from being eaten; \* for he stretched out his hands in the form of a cross and was kept unharmed, \* as he was blessing Christ our God unto the ages. [GOASD]

*Stand for the Gospel reading.*

**ΔΙΑΚΟΝΟΣ**

Τοῦ Κυρίου δεηθῶμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Ὅτι ἅγιος εἶ, ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β΄.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δίς)  
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

**ΔΙΑΚΟΝΟΣ**

Καὶ ὑπὲρ τοῦ καταξιοθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (3)

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

**ΧΟΡΟΣ**

Καὶ τῷ πνεύματί σου.

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν.

**DEACON**

Let us pray to the Lord.

**CHOIR**

Lord, have mercy.

**PRIEST**

For You, our God, are holy, and You rest among the holy ones, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

**CHOIR**

Amen.

**Mode 2.**

Let everything that breathes praise the Lord. (2) Let everything that breathes praise the Lord. [SAAS]

**DEACON**

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

**CHOIR**

Lord, have mercy. (3)

**DEACON**

Wisdom. Arise. Let us hear the holy Gospel.

**PRIEST**

Peace be with all.

**CHOIR**

And with your spirit.

**PRIEST**

The reading is from the holy Gospel according to John.

**DEACON**

Let us be attentive.

**ΧΟΡΟΣ**

Δόξα σοι, Κύριε, δόξα σοι.

**ΙΕΡΕΥΣ** (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν ΙΑ΄  
Ἰωάννην κα΄ 15-25

Τῷ καιρῷ ἐκείνῳ, ἐφανερώσεν ἑαυτὸν ὁ Ἰησοῦς τοῖς μαθηταῖς αὐτοῦ, ἐγερθεὶς ἐκ νεκρῶν, καὶ λέγει τῷ Σίμωνι Πέτρῳ· Σίμων Ἰωνᾶ, ἀγαπᾶς με πλεῖον τούτων; λέγει αὐτῷ· ναί, Κύριε, σὺ οἶδας ὅτι φιλῶ σε. λέγει αὐτῷ· βόσκει τὰ ἀρνία μου. λέγει αὐτῷ πάλιν δεύτερον· Σίμων Ἰωνᾶ, ἀγαπᾶς με; λέγει αὐτῷ· ναί, Κύριε, σὺ οἶδας ὅτι φιλῶ σε. λέγει αὐτῷ· ποιμαίνε τὰ πρόβατά μου. λέγει αὐτῷ τὸ τρίτον· Σίμων Ἰωνᾶ, φιλεῖς με; ἐλυπήθη ὁ Πέτρος ὅτι εἶπεν αὐτῷ τὸ τρίτον, φιλεῖς με, καὶ εἶπεν αὐτῷ· Κύριε, σὺ πάντα οἶδας, σὺ γινώσκεις ὅτι φιλῶ σε. λέγει αὐτῷ ὁ Ἰησοῦς· βόσκει τὰ πρόβατά μου. ἀμὴν ἀμὴν λέγω σοι, ὅτε ἦς νεώτερος, ἐζώννυες σεαυτὸν καὶ περιεπάτεις ὅπου ἤθελες· ὅταν δὲ γηράσης, ἐκτενεῖς τὰς χεῖράς σου, καὶ ἄλλος σε ζώσει, καὶ οἴσει ὅπου οὐ θέλεις. τοῦτο δὲ εἶπε σημαίνων ποίῳ θανάτῳ δοξάσει τὸν Θεόν. καὶ τοῦτο εἰπὼν λέγει αὐτῷ· ἀκολούθει μοι. ἐπιστραφεὶς δὲ ὁ Πέτρος βλέπει τὸν μαθητὴν ὃν ἠγάπα ὁ Ἰησοῦς ἀκολουθοῦντα, ὃς καὶ ἀνέπεσεν ἐν τῷ δείπνῳ ἐπὶ τὸ στῆθος αὐτοῦ καὶ εἶπε· Κύριε, τίς ἐστὶν ὁ παραδιδούς σε; τοῦτον ἰδὼν ὁ Πέτρος λέγει τῷ Ἰησοῦ· Κύριε, οὗτος δὲ τί; λέγει αὐτῷ ὁ Ἰησοῦς· ἐὰν αὐτὸν θέλω μένειν ἕως ἔρχομαι, τί πρὸς σέ; σὺ ἀκολούθει μοι. ἐξῆλθεν οὖν ὁ λόγος οὗτος εἰς τοὺς ἀδελφούς ὅτι ὁ μαθητὴς ἐκεῖνος οὐκ ἀποθνήσκει· καὶ οὐκ εἶπεν αὐτῷ ὁ Ἰησοῦς ὅτι οὐκ ἀποθνήσκει, ἀλλ' ἐὰν αὐτὸν θέλω

**CHOIR**

Glory to You, O Lord, glory to You.

**PRIEST** (from the altar table)

Eothinon 11  
John. 21:14-25

At that time, Jesus revealed himself to the disciples after he was raised from the dead. And he said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” A second time he said to him, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.” (This he said to show by what death he was to glorify God.) And after this he said to him, “Follow me.” Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about this man?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? Follow me!” The saying spread abroad among



μένειν ἕως ἔρχομαι, τί πρὸς σέ; Οὗτός ἐστιν ὁ μαθητὴς ὁ μαρτυρῶν περὶ τούτων καὶ γράψας ταῦτα, καὶ οἶδαμεν ὅτι ἀληθὴς ἐστὶν ἡ μαρτυρία αὐτοῦ. ἔστι δὲ καὶ ἄλλα πολλὰ ὅσα ἐποίησεν ὁ Ἰησοῦς, ἅτινα ἐὰν γράφηται καθ' ἓν, οὐδὲ αὐτὸν οἶμαι τὸν κόσμον χωρῆσαι τὰ γραφόμενα βιβλία. ἀμήν.

**ΧΟΡΟΣ**

Δόξα σοι, Κύριε, δόξα σοι.

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρὸν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἁγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

**ΧΟΡΟΣ**

**Ψαλμὸς Ν' (50).**

**ᾠδὴ β'.** (ἡ τῆς ἐβδομάδος.)

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

the brethren that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen. [RSV]

**CHOIR**

Glory to You, O Lord, glory to You.

**READER**

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

**CHOIR**

**Psalm 50 (51).**

**Mode 2.** (or the Mode of the week)

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου  
καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ  
ἀμαρτία μου ἐνώπιόν μου ἔστι διαπαντός.

Σοὶ μόνῳ ἤμαρτον, καὶ τὸ πονηρὸν  
ἐνώπιόν σου ἐποίησα· ὅπως ἂν δικαιωθῆς ἐν  
τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί  
σε.

Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν  
ἀμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἴδου γὰρ ἀλήθειαν ἠγάπησας· τὰ ἄδηλα  
καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι·  
πλυνεῖς με καὶ ὑπὲρ χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·  
ἀγαλλιάσονται ὅστέα τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
ἀμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου  
ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός,  
καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις  
μου.

Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου,  
καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ’  
ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου  
σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με.

Wash me thoroughly from my lawlessness  
and cleanse me from my sin.

For I know my lawlessness, and my sin is  
always before me.

Against You only have I sinned and done  
evil in Your sight; that You may be justified  
in Your words, and overcome when You are  
judged.

For behold, I was conceived in  
transgressions, and in sins my mother bore me.

Behold, You love truth; You showed  
me the unknown and secret things of Your  
wisdom.

You shall sprinkle me with hyssop, and I  
will be cleansed; You shall wash me, and I will  
be made whiter than snow.

You shall make me hear joy and gladness;  
my bones that were humbled shall greatly  
rejoice.

Turn Your face from my sins, and blot out  
all my transgressions.

Create in me a clean heart, O God, and  
renew a right spirit within me.

Do not cast me away from Your presence,  
and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,  
and uphold me with Your guiding Spirit.

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ  
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῥῥαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς  
σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου  
τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα  
μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν·  
ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον·  
καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ  
Θεὸς οὐκ ἐξουδενώσει.

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν  
Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,  
ἀναφορὰν καὶ ὀλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

**Ἰδιόμελα τοῦ Τριωδίου.**

Δόξα. ᾠχος πλ. δ'.

Τῆς μετανοίας ἀνοιξόν μοι πύλας  
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς  
ναὸν τὸν ἅγιόν σου, ναὸν φέρον τοῦ σώματος,  
ὅλον ἐσπιλωμένον· ἀλλ' ὡς οἰκτίρμων  
κάθαρον, εὐσπλάγχνω σου ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,  
Θεοτόκε· αἰσχροῖς γὰρ κατεβύβωσα, τὴν  
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,

I will teach transgressors Your ways, and  
the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God,  
the God of my salvation, and my tongue shall  
greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my  
mouth will declare Your praise.

For if You desired sacrifice, I would give  
it; You will not be pleased with whole burnt  
offerings.

A sacrifice to God is a broken spirit,  
a broken and humbled heart God will not  
despise.

Do good, O Lord, in Your good pleasure  
to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice  
of righteousness, with offerings and whole  
burnt offerings.

Then shall they offer young bulls on Your  
altar. And have mercy on me, O God. [SAAS]

**Idiomela from the Triodion.**

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O  
Giver of Life, for early in the morning my  
spirit hastens to Your holy temple, bringing  
the temple of my body all defiled. But as one  
compassionate, cleanse me, I pray, by Your  
loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O  
Theotokos, for I have befouled my soul with  
shameful sins and I heedlessly squandered all

ὄλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ρῦσαί με, πάσης ἀκαθαρσίας.

**Ἰδιόμελον. Ἦχος πλ. β΄.**

**Στίχ.** Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν φοβερὰν ἡμέραν τῆς κρίσεως· ἀλλὰ θαρρῶν εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ Δαυὶδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

#### **ΙΕΡΕΥΣ**

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια·

πρεσβείαις τῆς παναχράντου δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου προφήτου προδρόμου καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων ἀποστόλων, τῶν ἐν ἁγίοις πατέρων ἡμῶν μεγάλων ἱεραρχῶν καὶ οἰκουμενικῶν διδασκάλων Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου καὶ Κυρίλλου, Ἰωάννου τοῦ Ἐλεήμονος πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος ἐπισκόπου Τριμυθοῦντος, καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν τῶν ἁγίων ἐνδόξων μεγαλομαρτύρων Γεωργίου τοῦ τροπαιοφόρου, Δημητρίου τοῦ μυροβλήτου, Θεοδώρου τοῦ ψήρωνος,

of my life's resources. By your intercession deliver me from every uncleanness. <sup>[SD]</sup>

**Idiomelon. Mode pl. 2.**

**Verse:** *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, “Have mercy on me, O God, according to Your great mercy.” <sup>[SD]</sup>

#### **PRIEST**

O God, save Your people and bless Your inheritance. Look upon Your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us Your rich mercies:

through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary, by the power of the precious and life-giving Cross, the protection of the honorable, heavenly, bodiless powers, the supplications of the honorable, glorious prophet and forerunner John the Baptist, the holy, glorious, and praiseworthy apostles, our fathers among the saints, the great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria, Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonderworkers; the holy, glorious, great martyrs George the triumphant, Demetrios the myrrh-streamer, Theodore the soldier, and Theodore the general; Menas the wonderworker; Charalambos and Eleutherios,

Θεοδώρου τοῦ στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· (τοῦ ἁγίου τοῦ ναοῦ)· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἴαννης, καὶ πάντων σου τῶν ἁγίων·

ἰκετεύομέν σε, μόνη πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἶ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

*Ὁ λαὸς ἵσταται διὰ τὴν Θ' Ὠδὴν.*

**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

**ΧΟΡΟΣ**

**Ὠδὴ θ'.**

**Μεγαλυνάριον. ᾠδὴς α'.**

**Στίχ.** Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν

the hieromartyrs; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; our venerable and God-bearing fathers; (local patron saint); holy and righteous ancestors of God Joachim and Anna; and all Your saints:

We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

Through the mercy, compassion, and love for humankind of Your only-begotten Son, with whom You are blessed, and Your all-holy, good and life-creating Spirit, now and ever and to the ages of ages.

**CHOIR**

Amen.

*Stand for the singing of Ode ix.*

**DEACON**

Let us honor and magnify in song the Theotokos and the Mother of the light.

**CHOIR**

**Ode ix.**

**The Magnificat. Mode 1.**

**Verse:** My soul magnifies the Lord, and my spirit has rejoiced in God my Savior. [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to

ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**Στίχ.** Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινῶσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**Στίχ.** Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**Στίχ.** Ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοίᾳ καρδίας αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

God the Word, and are truly Theotokos. You do we magnify. [GOASD]

**Verse:** *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.*

[NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [GOASD]

**Verse:** *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [GOASD]

**Verse:** *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [GOASD]

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων,  
καὶ ὑψωσε ταπεινούς, πεινῶντας ἐνέπλησεν  
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν  
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως  
Θεοτόκον, σὲ μεγαλύνομεν.

**Στίχ.** Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ,  
μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς  
Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι  
αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν  
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως  
Θεοτόκον, σὲ μεγαλύνομεν.

**Ὡδὴ θ'. Καταβασία. Ἦχος α'.**

Ὡ Μῆτερ Παρθένε, καὶ Θεοτόκε ἀψεудής,  
ἡ τεκοῦσα ἀσπόρως, Χριστὸν τὸν Θεὸν ἡμῶν,  
τὸν ἐν Σταυρῷ ὑψωθέντα σαρκί, σὲ οἱ πιστοί,  
ἅπαντες ἀξίως, σὺν τούτῳ νῦν μεγαλύνομεν.

**ΙΕΡΕΥΣ**

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῆ χάριτι.

**Verse:** *He has put down the mighty from  
their thrones, and exalted the lowly. He has  
filled the hungry with good things, and the rich  
He has sent away empty.* [NKJV]

Greater in honor than the Cherubim, and  
in glory greater beyond compare than the  
Seraphim; you without corruption gave birth to  
God the Word, and are truly Theotokos. You  
do we magnify. [GOASD]

**Verse:** *He has helped His servant Israel,  
in remembrance of His mercy, as He spoke  
to our fathers, to Abraham and to his seed  
forever.* [NKJV]

Greater in honor than the Cherubim, and  
in glory greater beyond compare than the  
Seraphim; you without corruption gave birth to  
God the Word, and are truly Theotokos. You  
do we magnify. [GOASD]

**Ode ix. Katavasia. Mode 1.**

O true Theotokos and virgin Mother,  
you conceived \* without seed, and you gave  
birth to the Savior, Christ our God, \* who in  
the flesh was lifted on the Cross. \* All we,  
the faithful, worthily now praise you \* and  
magnify you along with Him. [GOASD]

**PRIEST**

Again and again in peace let us pray to the  
Lord.

**CHOIR**

Lord, have mercy.

**PRIEST**

Help us, save us, have mercy on us, and  
protect us, O God, by Your grace.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

Τῆς παναγίας, ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν,  
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ  
πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς  
καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν  
Χριστῷ τῷ Θεῷ παραθώμεθα.

**ΧΟΡΟΣ**

Σοί, Κύριε.

**ΙΕΡΕΥΣ**

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν  
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ  
Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν  
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**ΧΟΡΟΣ**

**Ἦχος β΄.**

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ  
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

**Ἐξαποστειλάριον.**

**Τὸ ΙΑ΄ Ἐωθινόν.**

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Μετὰ τὴν θεῖαν ἔγερσιν, τρις τῷ Πέτρῳ·  
Φιλεῖς με; πυθόμενος ὁ Κύριος, τῶν ἰδίων  
προβάτων, προβάλλεται ποιμενάρχην· ὃς  
ιδὼν, ὃν ἠγάπα, ὁ Ἰησοῦς ἐπόμενον, ἤρετο  
τὸν Δεσπότην· Οὗτος δὲ τί; Ἐὰν θέλω, ἔφησε,  
μένειν τοῦτον, ἕως καὶ πάλιν ἔρχομαι, τί πρὸς  
σὲ φίλε Πέτρε;

**CHOIR**

Lord, have mercy.

**PRIEST**

Remembering our all-holy, immaculate,  
most blessed, and glorious Lady, the  
Theotokos and ever-virgin Mary, with all  
the saints, let us commend ourselves and one  
another and our whole life to Christ our God.

**CHOIR**

To You, O Lord.

**PRIEST**

For all the powers of heaven praise You,  
and to You they offer up glory, to the Father  
and the Son and the Holy Spirit, now and ever  
and to the ages of ages.

**CHOIR**

Amen.

**CHOIR**

**Mode 2.**

Holy is the Lord our God. (2) [SAAS]

Exalt the Lord our God, and worship at the  
footstool of His feet.

For He is holy.

From Octoechos - - -

**Exapostelarian.**

**Eothinon 11.**

**Mode 2.** *Let us in faith.*

*Τοῖς Μαθηταῖς συνέλθωμεν.*

After He rose as God, the Lord \*  
ascertained whether Peter \* loved Him, by  
asking him three times, \* “Do you love Me?”  
then named him \* to be chief shepherd of  
His sheep. \* Peter saw following them \* the  
disciple whom Jesus loved, \* and he asked  
Jesus, “Lord, and what about him?” \* Jesus



**Ἐξαποστειλάριον. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**ᾠχος β΄.** *Τοῖς Μαθηταῖς συνέλωμεν.*

Σταυρὸν Χριστοῦ τὸν τίμιον, σήμερον προτεθέντα ἰδόντες προσκυνήσωμεν, καὶ πιστῶς εὐφρανθῶμεν, κατασπαζόμενοι πόθῳ, τὸν ἐν τούτῳ θελήσει, σταυρωθέντα αἰτούμενοι, Κύριον ἀξιῶσαι, πάντας ἡμᾶς, τὸν Σταυρὸν τὸν τίμιον προσκυνῆσαι, καὶ φθάσαι τὴν Ἀνάστασιν, πάντας ἀκατακρίτως.

**Θεοτοκίον.**

**ᾠχος β΄.** *Τοῖς Μαθηταῖς συνέλωμεν.*

Τὸ ξύλον ἐν ᾧ Πάνσεμνε τὰς ἀχράντους παλάμας, ὑπὲρ ἡμῶν ἐξέτεινε, προσπαγεῖς ὁ Υἱός σου, νῦν εὐσεβῶς προσκυνοῦμεν, δὸς ἡμῖν τὴν εἰρήνην, καὶ τὰ κοσμοσωτήρια, φθάσαι πάνσεπτα Πάθη, καὶ τὴν λαμπράν, καὶ κοσμοχαρμόσυνον προσκυνῆσαι, τοῦ Πάσχα κυριώνυμον καὶ φωσφόρον ἡμέραν.

**Οἱ Αἴνοι. ᾠχος γ΄.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ Θεῷ.

said, “What is it to you if it is \* my will that he remain until \* I come again, friend Peter?”

[GOASD]

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 2.** *Let us in faith.*

*Τοῖς Μαθηταῖς συνέλωμεν.*

Today the precious Cross of Christ \* is to be set before us. \* Seeing it let us faithfully \* venerate it with gladness, \* thereby with longing saluting \* the Lord who by His own will \* was thereon crucified for us, \* and let us pray Him that He account us all \* worthy of revering His Cross most precious, \* and of arriving uncondemned \* at the bright Resurrection. [SD]

**Theotokion.**

**Mode 2.** *Let us in faith.*

*Τοῖς Μαθηταῖς συνέλωμεν.*

Your Son stretched out immaculate \* hands and was nailed for our sake \* onto the Cross, the wood of which \* we are now venerating with faith, all-decorous Maiden. \* Grant to us peace, we pray you, \* and the world-saving, all-divine \* Passion may we attain; and may we adore \* the resplendent day when the world rejoices, \* the shining day that bears the name \* of the Lord, namely Pascha.

[SD]

**Lauds. Mode 3.**

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·  
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ  
πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτόν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτόν πάντα τὰ  
ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτόν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ  
ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ  
ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ  
αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι  
ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ  
ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ  
πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ  
πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες  
κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων·  
αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ  
μόνου.

Ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ  
ὑψώσει κέρας λαοῦ αὐτοῦ.

Ὑμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ  
ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ῥῆσμα καινόν, ἢ αἶνεσις αὐτοῦ ἐν  
ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ  
υἱοὶ Σιών ἀγαλλιᾶσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ  
ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει  
πραεῖς ἐν σωτηρίᾳ.

Praise Him, all you His angels; praise  
Him, all you His hosts. It is fitting to sing a  
hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars  
and light.

Praise Him, you heavens of heavens, and you waters  
above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded,  
and they were created.

He established them forever and unto ages of ages; He  
set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the  
deeps.

Fire and hail, snow and ice, stormy wind, which  
perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying  
birds.

Kings of the earth and all peoples, princes and all  
judges of the earth.

Young men and maidens, elders with younger, let them  
praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall  
exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a  
people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly  
of His holy ones.

Let Israel be glad in Him who made him, and let the  
children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine  
and harp let them sing to Him.

For the Lord is pleased with His people, and He shall  
exalt the gentle with salvation.

Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖα δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμούς ἐν τοῖς λαοῖς.

Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Ὀκτωήχου ---

**Στιχηρὰ Ἀναστάσιμα.**

**ᾠχος γ΄.**

Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον·  
δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Δεῦτε πάντα τὰ ἔθνη, γνῶτε τοῦ φρικτοῦ μυστηρίου τὴν δύναμιν· Χριστὸς γὰρ ὁ Σωτὴρ ἡμῶν, ὁ ἐν ἀρχῇ Λόγος, ἐσταυρώθη δι' ἡμᾶς, καὶ ἐκὼν ἐτάφη, καὶ ἀνέστη ἐκ νεκρῶν, τοῦ σῶσαι τὰ σύμπαντα. Αὐτὸν προσκυνήσωμεν.

**ᾠχος γ΄.**

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,  
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Διηγῆσαντο πάντα τὰ θαυμάσια, οἱ φύλακές σου Κύριε· ἀλλὰ τὸ συνέδριον τῆς ματαιότητος, πληρῶσαν δώρων τὴν δεξιὰν αὐτῶν, κρύπτειν ἐνόμιζον τὴν ἀνάστασίν σου, ἣν ὁ κόσμος δοξάζει. Ἐλέησον ἡμᾶς.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

From Octoechos ---

**Resurrectional Stichera.**

**Mode 3.**

*To fulfill among them the written judgment: this glory have all His holy ones.*

[SAAS]

O come, all you nations. Know the power of the awe-inspiring mystery. For Christ our Savior, the Logos who was in the beginning, for us voluntarily was crucified and buried, and He rose from the dead, all to save the universe. Come and let us worship Him. [GOASD]

**Mode 3.**

*Praise God in His saints; praise Him in the firmament of His power.* [SAAS]

The soldiers who had guarded You, O Lord, reported all the marvelous events that had taken place. But that vain council filled their right hand with bribes, thinking that in this way they could hide Your resurrection, which the world glorifies. Have mercy on us.

[GOASD]

**Ἦχος γ´.**

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ,  
αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης  
αὐτοῦ.

Χαρᾶς τὰ πάντα πεπλήρωται, τῆς  
ἀναστάσεως τὴν πεῖραν εἰληφότα· Μαρία  
γὰρ ἡ Μαγδαληνή, ἐπὶ τὸ μνημα ἦλθεν,  
εὔρεν Ἄγγελον ἐπὶ τὸν λίθον καθήμενον,  
τοῖς ἱματίοις ἐξαστράπτοντα καὶ λέγοντα· Τί  
ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν; οὐκ ἔστιν  
ᾧδε, ἀλλ’ ἐγήγερται, καθὼς εἶπε, προάγων ἐν  
τῇ Γαλιλαίᾳ.

**Ἦχος γ´.**

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε  
αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρα.

Ἐν τῷ φωτί σου Δέσποτα, ὀψόμεθα  
φῶς φιλόφρονος· ἀνέστης γὰρ ἐκ τῶν  
νεκρῶν, σωτηρίαν τῷ γένει τῶν ἀνθρώπων  
δωρούμενος, ἵνα σε πᾶσα κτίσις δοξολογῇ, τὸν  
μόνον ἀναμάρτητον. Ἐλέησον ἡμᾶς.

**Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**Ἦχος δ´.** Ὡς γενναῖον ἐν Μάρτυσι.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε  
αὐτὸν ἐν χορδαῖς καὶ ὄργάνῳ.

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ᾠδαῖς  
μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον,  
ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν·  
Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς  
ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει σου, καὶ  
παντοίας ἐκ βλάβης ἐναντίων, διατήρησον  
ἀτρώτους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

**Mode 3.**

*Praise Him for His mighty acts; praise  
Him according to the abundance of His  
greatness. [SAAS]*

The universe is filled with joy since  
it experienced Your resurrection. Mary  
Magdalene came to the tomb. She found an  
Angel sitting on the stone. He was shining  
like lightning in dazzling apparel, and he said,  
“Why do you seek the living among the dead?  
He is not here; for He has risen, as He said. He  
is going before you to Galilee.” [GOASD]

**Mode 3.**

*Praise Him with the sound of trumpet;  
praise Him with the harp and lyre. [SAAS]*

In Your light we shall see light, O  
benevolent Master. For You rose from the  
dead, granting salvation to the human race, so  
that all creation may glorify You, the only One  
who is without sin. Have mercy on us! [GOASD]

**For the Cross.**

From Triodion - - -

**Mode 4.** *To a brave one.*

*Ὡς γενναῖον ἐν Μάρτυσι.*

*Praise Him with timbrel and dance; praise  
Him with strings and flute. [SAAS]*

Let us joyfully cry aloud, and in odes let us  
magnify \* the all-precious Cross and salute it  
with a kiss. \* And let us cry out to it and say,  
\* O Cross ever-ven’rable, by the power you  
possess, \* sanctify us in every way, soul and  
body too. \* From all manner of injury arising  
from our enemies preserve us \* who venerate  
in piety. [SD]

*Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.*

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ὤδαῖς μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον, ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα, τῆ δυνάμει σου, καὶ παντοίας ἐκ βλάβης ἐναντίων, διατήρησον ἀτρότους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

**Στίχ.** Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ, ὅτι ἅγιός ἐστι.

Προσελθόντες ἀρύσατε, μὴ κενούμενα νάματα, τοῦ Σταυροῦ τῆ χάριτι, προερχόμενα, ἰδοὺ προκείμενον βλέποντες τὸ Ξύλον τὸ ἅγιον, χαρισμάτων τὴν πηγὴν ἀρδομένην τῷ Αἵματι καὶ τῷ ὕδατι τοῦ Δεσπότη τῶν ὄλων, τοῦ ἐν τούτῳ, ἐκουσίως ὑψωθέντος καὶ τοὺς βροτοὺς ἀνυψώσαντος.

**Στίχ.** Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἐκκλησίας ἐδραῖωμα, βασιλέων κραταῖωμα μοναζόντων καύχημα καὶ διάσωσμα, σὺ εἶ Σταυρὲ πανσεβάσμιε, διὸ προσκυνοῦντές σε, καὶ καρδίας καὶ ψυχὰς, φωτιζόμεθα σήμερον, θείᾳ χάριτι, τοῦ ἐν σοὶ προσπαγέντος, καὶ τὸ κράτος, τοῦ δολίου καθελόντος καὶ τὴν ἀρὰν ἀφανίσαντος.

*Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]*

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven' rable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

**Verse:** *Exalt the Lord our God, and worship at the footstool of His feet; for He is holy. [SAAS]*

Come, believers, and faithfully \* draw the waters that never fail, \* issuing abundantly by the Cross's grace, \* as we behold set before us now \* the wood of the holy tree, \* yes, the wellspring of the gifts \* of the Spirit, which is itself \* watered by the blood \* and the water that issued from the Master who was willingly exalted \* thereon, exalting humanity. [SD]

**Verse:** *God is our King before the ages; He worked salvation in the midst of the earth. [SAAS]*

The support of the Church are you, \* and the strength of the emperors; \* boast of the monastics and their deliverance \* are you, all-ven' rable Cross of Christ. \* And now as we venerate \* you today, our hearts and souls \* are illumined ineffably by the grace divine \* of the Lord who was nailed to you and brought down \* the dominion of the sly one, \* and who abolished the ancient curse. [SD]

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. δ΄.**

Τὴν ὑψηλόφρονα γνώμην τῶν  
κακίστων Φαρισαίων ὁ πάντων Κύριος  
παραβολικῶς ἐκφεύγειν ταύτην ἐδίδαξε καὶ  
μὴ ὑψηλοφρονεῖν, παρ' ὃ δεῖ φρονεῖν, πάντας  
ἐπαίδευσεν ὑπογραμμὸς καὶ τύπος ὁ αὐτὸς  
γενόμενος, μέχρι Σταυροῦ καὶ θανάτου,  
ἐαυτὸν ἐκένωσεν. Εὐχαριστοῦντες οὖν σὺν  
τῷ Τελῶνῃ εἶπωμεν, ὁ παθὼν ὑπὲρ ἡμῶν  
καὶ ἀπαθῆς διαμείνας Θεὸς τῶν παθῶν ἡμᾶς  
ρῦσαι, καὶ σῶσον τὰς ψυχὰς ἡμῶν.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἵπερευλογημένη ὑπάρχεις, Θεοτόκε  
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,  
ὁ ἄδης ἠχμαλώτισται, ὁ Ἄδὰμ ἀνακέκληται,  
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,  
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς  
ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·  
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως  
εὐδοκήσας δόξα σοι.

*Ὁ λαὸς ἵσταται διὰ τὴν Μ. Δοξολογίαν.*

**Ἡ Μεγάλη Δοξολογία**

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν  
ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις  
εὐδοκία.

Ἵμνοῦμέν σε, εὐλογοῦμέν σε,  
προσκυνοῦμέν σε, δοξολογοῦμέν σε,  
εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου  
δόξαν.

Glory. **From the Triodion.**

From Triodion ---

**Mode pl. 4.**

To flee the high-minded opinion of the  
Pharisees most wicked, the Lord of all things  
taught us by way of parable, and instructed us  
all not to think of ourselves more highly than  
we ought. He Himself became our model and  
example, having emptied Himself even unto  
the Cross and death. In thanksgiving, then,  
with the Publican let us say, “You endured the  
Passion for us and yet remained dispassionate  
God, from our sinful passions free us, and  
grant salvation to our souls.” [GKD]

From Octoechos ---

Both now. **Theotokion.**

You are supremely blessed, O Virgin  
Theotokos. For through Him who from you  
became incarnate, Hades has been captured,  
and Adam has been called back; the curse has  
been killed, and Eve has been freed; death has  
been put to death, and we have been brought  
back to life. Therefore we extol Him and cry  
out, “O Christ our God, You are blessed, for so  
was Your good pleasure. Glory to You!” [GOASD]

*Stand for the Great Doxology.*

**Great Doxology**

Glory be to You who showed the light.  
Glory in the highest to God. His peace is on  
earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship  
You, we glorify You, we give thanks to You  
for Your great glory.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἀμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἀμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Κύριε, καταφυγή ἐγενήθης ἡμῖν ἐν γενεᾷ  
καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασα  
τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σὲ κατέφυγον. Δίδαξόν με τοῦ  
ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου  
ὀψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί  
σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς.

*As the choirs sing the Holy God for the Great  
Doxology, the priest processes to the solea or around the  
nave of the church holding the tray with the cross. On the  
solea he circles the table three times before placing it on the  
table. When the Doxology is finished, he says:*

**ΙΕΡΕΥΣ**

Σοφία. Ὁρθοί.

**Ἦχος α΄.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς  
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

Lord, You have been our refuge from  
generation to generation. I said: Lord, have  
mercy on me. Heal my soul, for I have sinned  
against You.

Lord, I have fled to You. Teach me to do  
Your will, for You are my God.

For with You is the fountain of life; in  
Your light we shall see light.

Continue Your mercy to those who know  
You.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3)

Glory to the Father and the Son and the  
Holy Spirit.

Both now and ever and to the ages of ages.  
Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us.

*As the choirs sing the Holy God for the Great  
Doxology, the priest processes to the solea or around the  
nave of the church holding the tray with the cross. On the  
solea he circles the table three times before placing it on the  
table. When the Doxology is finished, he says:*

**PRIEST**

Wisdom. Arise.

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]



**ΧΟΡΟΣ**

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα. (δίς)

**ΙΕΡΕΥΣ**

Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

**ΧΟΡΟΣ**

Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν. (δίς)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

**ΧΟΡΟΣ**

**Ἦχος β΄.**

Δεῦτε πιστοὶ τὸ ζωοποιὸν Ξύλον προσκυνήσωμεν, ἐν ᾧ Χριστὸς ὁ Βασιλεὺς τῆς δόξης ἐκουσίως χεῖρας ἐκτείνας ὑψωσεν ἡμᾶς εἰς τὴν ἀρχαίαν μακαριότητα, οὓς πρὶν ὁ ἐχθρὸς, δι' ἠδονῆς συλήσας, ἐξορίστους Θεοῦ πεποίηκε. Δεῦτε πιστοὶ Ξύλον προσκυνήσωμεν, δι' οὗ ἠξιώθημεν, τῶν ἀοράτων ἐχθρῶν συντρίβειν τὰς κάρας. Δεῦτε πᾶσαι αἱ πατριαὶ τῶν ἐθνῶν τὸν Σταυρόν τοῦ Κυρίου ὕμνοις τιμήσωμεν. Χαίροις Σταυρὲ τοῦ πεσόντος Ἀδάμ ἡ τελεία λύτρωσις, ἐν σοὶ οἱ πιστότατοι Βασιλεῖς ἡμῶν καυχῶνται ὡς τῇ σῇ δυνάμει, Ἰσραηλίτην λαόν, κραταιῶς ὑποτάττοντες. Σὲ νῦν μετὰ φόβου, Χριστιανοὶ ἀσπαζόμεθα, καὶ τὸν ἐν σοὶ προσπαγέοντα Θεὸν δοξάζομεν λέγοντες· Κύριε ὁ ἐν αὐτῷ

**CHOIR**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

**PRIEST**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection.

**CHOIR**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. (2)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

**CHOIR**

**Mode 2.**

Come, O believers, let us venerate the life-giving Cross. For Christ, the King of glory, voluntarily extended His hands on it and raised us up to the original blessedness, after the enemy long ago had captured us with the bait of pleasure, and caused us to be exiled from God. Come, O believers, let us venerate the Cross, by which we have been granted to crush the skulls of our invisible enemies. Come, all you families of the Gentiles, let us sing hymns to honor the Cross of the Lord. "We salute you, O Cross, for you are the complete redemption of Adam who had fallen. In you our most faithful leaders boast, for by your power they have mightily subdued the foreign enemy. Now we Christians with fear and awe

προσπαγείς, ἐλέησον ἡμᾶς ὡς ἀγαθὸς καὶ φιλόανθρωπος.

**Ἦχος πλ. δ΄.**

Σήμερον ὁ Δεσπότης τῆς Κτίσεως, καὶ Κύριος τῆς δόξης, τῷ Σταυρῷ προσπήγνυται, καὶ τὴν πλευρὰν κεντᾶται· χολῆς καὶ ὄξους γεύεται, ὁ γλυκασμὸς τῆς Ἐκκλησίας· στέφανον ἐξ ἀκανθῶν περιβάλλεται, ὁ καλύπτων Οὐρανὸν τοῖς νέφεσι· χλαῖναν ἐνδύεται χλεύης, καὶ ραπίζεται πηλίνῃ χειρὶ, ὁ τῇ χειρὶ πλάσας τὸν ἄνθρωπον· τὸν νῶτον φραγγελοῦται, ὁ περιβάλλων τὸν Οὐρανὸν ἐν νεφέλαις· ἐμπτυσμοὺς καὶ μάστιγας δέχεται, ὀνειδισμοὺς καὶ κολαφισμοὺς, καὶ πάντα ὑπομένει, δι' ἐμὲ τὸν κατάκριτον, ὁ Λυτρωτῆς μου καὶ Θεός, ἵνα σώσῃ Κόσμον ἐκ πλάνης ὡς, εὐσπλαγχνος.

Δόξα. **Ἦχος πλ. δ΄.**

Σήμερον ὁ ἀπρόσιτος τῆ οὐσία προσιτός μοι γίνεται, καὶ πάσχει πάθη, ἐλευθερῶν με τῶν παθῶν, ὁ φῶς παρέχων τυφλοῖς ὑπὸ ἀνόμων χειλέων ἐμπύεται, καὶ δίδωσι τὸν νῶτον ὑπὲρ αἰχμαλώτων εἰς μάστιγας. Τοῦτον ἡ Ἄγνη καὶ Μήτηρ, ἐπὶ Σταυροῦ θεωροῦσα, ὀδυνηρῶς ἐφθέγγετο· οἴμοι Τέκνον ἐμόν! τί τοῦτο πεποίηκας; ὁ ὠραῖος κάλλει παρὰ πάντας βροτούς, ἄπνους ἄμορφος φαίνῃ, οὐκ ἔχων εἶδος οὐδὲ κάλλος· οἴμοι τὸ ἐμόν φῶς! οὐ δύναμαι ὑπνοῦντα καθορᾶν σε· τὰ σπλάγχνα τιτρώσκομαι καὶ δεινὴ μοι ῥομφαία τὴν καρδίαν διέρχεται. Ἄνυμνῶ σου τὰ Πάθη,

salute you with a kiss, and we glorify God who was nailed to you, and we say, ‘O Lord, who were nailed to the Cross, have mercy on us, for You are good and benevolent.’” <sup>[SD]</sup>

**Mode pl. 4.**

Today the Master of creation and Lord of glory is nailed to the Cross and He is pierced in the side. He tastes gall and vinegar, He who is the sweetness of the Church. He is crowned with a crown of thorns, He who covers the sky with clouds. He is dressed in a robe to be ridiculed, and He is smitten by a hand formed of clay, He who formed humanity with His own hand. He takes a flogging on the back, He who circles the sky with clouds. He takes the spitting and the whips, the beatings and the taunts; and He endures it all for me, who am condemned, in order so save the world from delusion, for He is compassionate, my Redeemer and my God. <sup>[SD]</sup>

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His essence becomes approachable to me; and He is suffering the Passion, thus freeing me from the passions. He who gives sight to the blind is spit on by lawless lips, and He takes a whipping on the back for the sake of us captives. When His pure Mother saw Him on the Cross, in pain she uttered, “Woe is me, my Child! Why have You done this! You who are more beautiful than all men, I see You not breathing, unsightly, without form or beauty. Woe is me, my Light! I cannot bear to see You sleeping. I am wounded to the core, and an awful sword is piercing my heart. I extol

προσκυνῶ σου τὸ εὐσπλαγγνον, μακρόθυμε  
Κύριε δόξα σοι.

Καὶ νῦν. ᾠχος πλ. β'. *Εἰρμολογικόν.*

Σήμερον τὸ προφητικὸν πεπλήρωται  
λόγιον· ἰδοὺ γὰρ προσκυνοῦμεν εἰς τὸν  
τόπον, οὗ ἔστησαν οἱ πόδες σου Κύριε· καὶ  
ξύλου σωτηρίας γευσάμενοι, τῶν ἐξ ἁμαρτίας  
παθῶν ἐλευθερίας ἐτύχομεν, πρεσβείαις τῆς  
Θεοτόκου μόνη Φιλάνθρωπε.

*When the veneration is finished, the priest returns the  
cross to the holy altar.*

#### ΧΟΡΟΣ

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς  
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

ἤ·

ᾠχος δ'. *(ἡ τῆς ἐβδομάδος.)*

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.  
Ἄσωμεν τῷ ἀναστάντι ἐκ τάφου καὶ ἀρχηγῷ  
τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ θανάτῳ τὸν  
θάνατον, τὸ νίκος ἔδωκεν ἡμῖν, καὶ τὸ μέγα  
ἔλεος.

Your Passion, I worship Your compassion. O  
longsuffering Lord, glory to You!" <sup>[SD]</sup>

Both now. **Mode pl. 2.** *Heirmologic.*

Today the prophetic saying has been  
fulfilled. For, behold, we are worshipping in  
the place where Your feet stood, O Lord.  
And now that we have eaten from the tree  
of salvation, we have obtained the freedom  
from the passions that come from sin, by  
the intercessions of the Theotokos, O only  
benevolent God. <sup>[SD]</sup>

*When the veneration is finished, the priest returns the  
cross to the holy altar.*

#### CHOIR

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. <sup>[GOA]</sup>

or:

**Mode 4.** *(or the Mode of the week)*

Today has salvation come to pass in the  
world. Let us sing to Him who resurrected  
from the tomb and is the Author of our life.  
For, destroying death by death, He gave us the  
victory and the great mercy. <sup>[SD]</sup>